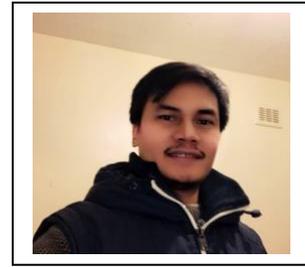


Erwin Colobong Gamueta

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OBJECTIVE:

Experienced and reliable Personal Carer/Assistant with 12+ years of experience caring for young adults and elderly patients. Adept in providing optimal care to elderly with any medical conditions using comprehensive nursing trainings and excellent communication skills.

AREAS OF EXPERTISE:

- Personal Care
- Grooming
- Housekeeping
- Meal Preparation
- Infection Control
- Monitoring Vital Signs.
- Checking Blood Glucose
- Administering Medications
- First Aid / Wound Care
- Bowel Management
- Therapeutic Exercises
- Manual and Handling
- Health and Safety
- Risk Management
- Records Management

SKILLS:

- Compassionate
- Reliable
- Hardworking
- Ability to work under pressure
- Ability to work in a Team
- Excellent Communication Skills
- Strong Analytical Skills
- Multitasking Skills
- Organizational Skills
- Computer Skills

EDUCATIONAL ATTAINMENT:

College

- Course: ***HND in Health and Social Care Level 3*** Sep. , 2009 – June 2011
Award: Certificate
School: Pyridion Management Academy
Address: 8 The Courtyard, Buntsford Drive B60 3DJ
- Course: ***Practical Nursing*** Nov. 2007 – Feb. 2009
Award: Silver Medalist (Academic Excellence Award)
School: KRC, School of Practical Nursing Inc.
Address: GCC Guadalupe, Makati City, Philippines
- Course: ***Caregiver Training Program*** Nov. 2006 – Aug 2007
Award: Course Certificate and Government Agency Certificate
School: Trace College Caregiver Training Center
Address: GCC Guadalupe, Makati City, Philippines
- Course: ***Bachelor of Science in Computer Engineering*** June 1995 – March 2000
Award: Bachelor's Diploma
School: Notre Dame of Marbel University
Address: Koronadal City, South Cotabato, Philippines

Secondary

- School: Notre Dame of Polomolok June 1991 – March 1995
Address: Polomolok, South Cotabato, Philippines

EMPLOYMENT HISTORY:

Position: ***Live in Carer (Short Term Care)***

Patient: Mr Abelesz (Male Patient with Knee Replacement)

Address: 6 Grosvenor Gardens, London NW11 0HG

Date: August 15, 2022 – Present

Duties and Responsibilities:

- Supporting the patient in doing his personal hygiene care like bathing, dressing and grooming.
- Guiding the patient in taking his medications as prescribed by the doctor, and keeping a record.
- Monitoring and recording patient's vital signs. Liaising to the family any changes to his health.
- Preparing nutritious meals in accordance to his religious beliefs and practices.
- Engaging the patient in therapeutic exercises and daily walking, and helps massaging his legs.
- Taking the patient to his social and spiritual activities. Providing companionship.
- Carrying out housekeeping duties such as cleaning, laundry and ironing.

Position: ***Live in Carer***

Patient: Mr Putsman (Male Patient with Asthma, Heart Disease and Prostate Cancer)

Address: 11A Deacons Heights, Barnet Lane, Borehamwood, Hertfordshire WD6 3QY

Date: June 17, 2021 – July 23, 2022

Duties and Responsibilities:

- Planning and implementing patients daily care plan in coordination with other health professionals.
- Assisting the patient with his personal hygiene care such as showering, dressing and undressing, shaving, toileting, clipping of nails and brushing his teeth while promoting his independence..
- Administering his medicines as prescribed by his doctor, and maintaining a medication record.
- Measuring and recording his vital signs: blood pressure, heart rate and respiration. Keeping record of food and fluid intake and output. Informing the family and doctor of any deterioration.
- Monitoring any asthma episodes and giving his inhalers or nebulizer as per prescription.
- Supporting patient with walking, physical and breathing exercises as directed by physiotherapists.
- Accompanying the patient to his dental and surgery appointments. Providing hospital support and companionship on family's behalf whenever patient is admitted.
- Handling the patient with dignity and gentleness in using a transferring equipments like hoist and slings when he's confined to bed. Ensuring his safety while in bed.
- Performing housekeeping tasks like cleaning, laundry, ironing, and preparing nutritious meals.
- Providing a Palliative Care, ensuring comfortable environment to relieve pain and other distressing symptoms, and offering emotional support to help him live as actively as possible until death.

Position: ***Live in Carer***

Patient: Mr Horrell (Male Patient with Emphysema and Prostate Cancer)

Address: 51 Oatlands Drive, Weybridge, Surrey KT13 9LU

Date: February 9, 2018 – May 21, 2021

Duties and Responsibilities:

- Providing holistic approach care and companionship in patient's home.
- Supporting the patient with various daily living activities such as showering, grooming and other hygiene needs as necessary while encouraging self-independence.
- Monitoring and recording patient's vital signs: blood pressure, pulse rate and oxygen saturation.
- Assisting the patient in taking his medications, inhalers or nebulizer as prescribed by his doctors.
- Engaging the patient in breathing and therapeutic exercises as prescribed by physiotherapists.
- Accompanying the patient to surgery and hospital appointments, and to play bridge with friends.
- Preparing nutritious meals and keeping his home clean and tidy, and free from safety hazards.
- Maintaining a daily journal of patient's activities, food and fluid intakes and outputs, and reporting any physical or cognitive changes to the family and doctor for immediate medical intervention.
- Ensuring safety in moving and handling when the patient is already bedridden.
- Providing a comfortable environment and respecting his dignity and wishes until his death.

Position: **Live in Carer**

Patient: Mr & Mrs Austen (Man with Dementia and Asthma. Woman with Kidney Disease)

Address: 33 Hollow Lane, Canterbury, Kent CT1 3SB

Date: January 2, 2019 – January 4, 2020

Duties and Responsibilities:

- Providing companionship in the comfort of the couple's home.
- Helping the patients in their daily hygiene care such as showering, dressing and grooming.
- Following a daily care plan in place and coordinating with other healthcare professionals.
- Monitoring and recording the general health of the patients including taking blood pressure, pulse rate and blood glucose, and ensuring all their medications are administered and recorded.
- Performing light physical exercises with patients, and walking the husband outside the house.
- Accompanying them to surgery and hospital appointments, and taking them out into their garden.
- Engaging patients by using games or other activities, and reviewing family albums with them.
- Encouraging the patients to remain as mobile and active as possible.
- Doing housekeeping tasks: cleaning, laundry, ironing and shopping, and preparing healthy meals.
- Liaising to the family any alterations or abnormalities of their health condition.

Position: **Personal Carer/Support Worker**

Patient: MMCarers (Male Patient with Spinal Cord Injury)

Address: 49 Sandford Road, Moseley, Birmingham B13 9DX

Date: April 1, 2017 – March 2020

Duties and Responsibilities:

- Assisting the patient with daily needs including personal hygiene, dressing, grooming, toileting, turning positions, eating meals and administering of medications as per prescription.
- Measuring vital signs such as blood pressure, temperature, heart rate and respiration.
- Arranging patient appointments and accompanying patient for errands and doctor's visits.
- Performing therapeutic exercises and massages as suggested by the physiotherapists.
- Ensuring patient receives adequate nutrition and fluid intake each day.
- Cleaning the suprapubic catheter area, emptying urine bag and changing the bag regularly.
- Supporting the patient with bowel management through stimulation, stomach massaging and using suppositories and enema, or manual removal of stool using a well lubricated gloved finger.
- Transferring patient in and out of bed and wheelchairs using assistive devices like hoist and slings.
- Encouraging patient to do other activities on his own using special devices for disabled person.
- Completing light household duties such as cleaning, changing beddings, laundry and ironing.
- Recording every activities being done, and informing the family any changes to patient's condition.
- Working with other carers and training new ones. Helping patient in sorting incoming mails.

Position: **Senior Care Assistant**

Company: Lyndel Homes (Residential Home)

Address: 75/77 Lansdowne Road, Handsworth, Birmingham B21 9AU

Date: July 22, 2013 – March 31, 2017

Duties and Responsibilities:

- Assisting service users with daily living activities such as showering, bathing, dressing, toileting, and grooming while encouraging the patients to perform the tasks on their own.
- Administering medications of service users following the medication chart.
- Preparing daily meals including special diets, and helping service users unable to self feed.
- Monitoring vital signs of service users including blood pressure, pulse rate and respiration.
- Obtaining blood sugar levels of diabetic patients, ready for staff nurse to administer insulin.
- Engaging service users in different activities to teach social behaviour and coordination.
- Accompanying service users to surgery and hospital appointments, and scheduling follow ups.
- Organizing indoor and outdoor activities, and encouraging every service users to participate.
- Safety handling of bedridden patients in and out of bed to arm chairs using transferring devices.
- Changing service users bedding, and cleaning their rooms, communal toilets and living rooms.
- Writing in care plan all observations and reporting any physical or cognitive changes to Manager

Position: **Healthcare Assistant**

Company: Bupa Care Services (Amberley Court Nursing Home, Perry Locks Nursing Home)

Address: 82/92 Edgbaston Road, Edgbaston, Birmingham B12 9QA

Date: June 21, 2011 – September 18, 2014

Duties and Responsibilities:

- Supporting patients with personal hygiene such as showering, dressing, grooming and toileting.
- Assisting patients who is unable to self feed, and ensuring they receive adequate nutrition and fluid intake. Recording the food and fluid intake and output of each patients into their care notes.
- Taking patients' vital signs like blood pressure, temperatures, pulse, respirations and weight.
- Assisting with patient mobility using correct equipments and techniques.
- Turning and repositioning of patients to prevent bed sores. Notifying the Nurse for skin breaks.
- Talking to patients and reassuring them, and encouraging them to attend social activities.
- Accompanying patients to their hospital, surgery and dental appointments.
- Attending meetings with other healthcare professionals. Adhering to professional standards.
- Delivering reports to Case Managers and reviewing any important changes in patient's condition
- Awarded the Employee of the Month for maintaining exceptional client satisfaction with provided services.

Position: **Night Healthcare Assistant**

Company: The Knowles Care Home (Residential Home)

Address: 6 Duggins Lane, Tile Hill Village, Tile Hill, Coventry CV4 9GN

Date: March 31, 2011 – December 31, 2011

Job Description / Duties and Responsibilities:

- Supporting residents getting ready to bed and settling down for the night.
- Attending to residents care overnight including hygiene, continence, mobility and general care.
- Administering medications as required. Maintaining record in the Medication Chart.
- Assist in the care of residents who are unwell and dying under the supervision of qualified staff.
- Turning and repositioning of bed-bound patients to prevent bed sores. Helping in changing incontinence pads. Record in their care plan of any skin breaks and bed sores.
- Ensuring patients are safe and comfortable in their bedrooms by carrying out regular checks.
- Responding promptly to call for assistance while respecting their privacy, dignity and choice.
- Performing domestic duties such as cleaning, laundry and ironing of clothes and beddings.
- Making daily entries in the care plans and to handover all relevant information to day care staff regarding the ongoing care of individual residents.
- Reporting to the manager of any significant changes in the health or circumstances of the resident.

Position: **Healthcare Assistant**

Company: Kingsley House Nursing Home

Address: Gumstool Hill, Tetbury, Gloucestershire GL8 8DG

Date: October 1, 2009 – March 6, 2011

Duties and Responsibilities:

- Assisting residents with all aspects of their personal care needs including physical, emotional, and spiritual while maintaining their comfort, privacy, and dignity at all times.
- Assisting residents during mealtimes, serve meals and drinks in accordance with their care plan.
- Monitoring vital signs such as blood pressure, temperature, pulse, respiration and weight.
- Utilizing assistive equipment like hoist and a sling to move patients from bed to arm/wheelchair.
- Answering the call bell promptly and give assistance to the residents as required, ensuring that required assistance is given in a timely manner.
- Assisting with social activities by interacting with residents and helping them to continue with hobbies and activities both outside and within the home.
- Escorting residents to and from the home when necessary to attend hospital appointments.
- Reporting any changes in the care needs of the residents to the nurse in charge.
- To attend mandatory training identified in fulfilling my role. Mentoring new care staff of methods to achieve high quality, accuracy and safe procedures according to the policies of the home.

Position: **Data Analyst**

Company: Accenture Healthcare Processing, Inc.

Address: 27/F GT Tower Int'l, Ayala Ave corner HV Dela Costa Street, Makati City, Philippines

Date: April 14, 2003 – August 31, 2009

Duties and Responsibilities:

- Responsible for end to end transaction processing.
- Handles issue resolution to ensure department and customer needs are met.
- Assists with special projects as needed.
- Responsible in assisting with the Team Operations to ensure that key service metrics are achieved including turn-around-time and quality levels.
- Ensures a 100% quality and high productivity at the end of the shift.
- Responds to complex and/or high priority client requests.
- Analyzes system errors and resolves at given timeframe.

REFERENCES:

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